

Title: Mental Health and  
battling illness:

Between sensory overload,  
and excessive quiet- 9/11/23

- Bismillahirrahmaanirrahbeem,

- In The Name of Allah,  
The Entirely Merciful,  
The Especially Merciful

Mata/Text

1. It is quite clear that  
the battle of a sound  
mental health;  
one's own ~~is~~ peace and  
(generally), and soundness  
is found (especially for  
those who live in cities);  
in being/floating  
between; ~~a fine balance~~  
sensory overload,  
and excessive quietness, --  
in a fine balance,